

Nutrition Risk Criteria Update (Implemented Oct. 1, 2013)

Check Your Knowledge Answer Key:

(Note to Leader: There are multiple ways a certifier might provide nutrition education in these scenarios provided depending on the how one interprets the situation. Any answer that seems participant centered and relevant to the scenario is acceptable.)

1) 355 Lactose Intolerance;

The certifier might praise Monique for eating yogurt and cheese and affirm that those foods help provide some of the nutrition found in milk. The certifier might find out if Monique has ever tried lactose-reduced milk and discuss WIC options such as Lactaid milk or Acidophilus milk, as well as additional ways to get key nutrients such as calcium fortified foods like certain orange juices.

2) 401 Failure to Meet Dietary Guidelines for Americans;

The certifier might discuss things the family can do that benefits everyone's health (including Sara growing proportionately) such as choosing healthy meals (My Plate) and being physically active together as a family.

3) 354 Celiac Disease;

The certifier might discuss which WIC grain products are gluten free and see what other information Tamara would like to discuss such as ideas for planning meals/snacks or web-site resources with gluten-free diet information.

4) 353 Food Allergy;

The certifier might discuss tips for reading and understanding food labels identifying peanut sources. The certifier can select beans in the WIC food package and see if mom wants help with ideas for cooking with beans or meal planning.

5) 401 Failure to Meet Dietary Guidelines for Americans;

The certifier might ask Marissa what information she knows about e-cigarettes, and see if she's receptive to hearing about the cautions about using e-cigarettes. The certifier can discuss tobacco cessation referral information.

6) 356 Hypoglycemia;

The certifier might discuss tips for coping with nausea and ideas for simple easy healthy meals/snacks.